



Healing the Heart Through the Creative Arts, Education & Advocacy

Hope, Healing & Help for Trauma, Abuse & Mental Health

“Out of suffering have emerged the strongest souls; the most massive characters are seared with scars”. Kahlil Gibran

The Surviving Spirit Newsletter May 2018

Hi Folks,

A lot has happened here in my little corner of New Hampshire since sending out the April Surviving Spirit Newsletter. I had the open heart surgery back on April 16th, and so far, so good, Even started physical therapy a few weeks ago, still a little ways to go with this healing journey, but I shall get through all of this. Heck, I was able to mow the lawn the other day, could not do that several weeks ago.

Thank you for all the kind words of support and encouragement!

Short and to the point, mindful that May is Mental Health Awareness Month and also when we take some time for reflection and honor those who served in the military and did not make it home.

It is a sad commentary, when spending time, researching various links to share about Memorial Day and the majority of them had to do with car sales, store sales and cookouts. I hope someday that mindset changes.

Take care, Michael Skinner

[May is National Mental Health Month](#) - Youth.gov -

Mental Health Month raises awareness of trauma and the impact it can have on the physical, emotional, and mental well-being of children, families, and communities. Mental Health Month was established in 1949 to increase awareness of the importance of mental health and wellness in Americans' lives, and to celebrate recovery from mental illness. Mental health is essential for a person's overall health. Prevention works, treatment is effective, and people can recover from mental disorders and live full and productive lives.

[A Brief History Behind Memorial Day And How It Started](#) – Time

It's easy to forget what Memorial Day actually means while you're sitting by the pool and looking ahead at summer vacation- but the historical reason for the holiday signifies much more than just a three-day weekend.

Memorial Day is a solemn day of remembrance for everyone who has died serving in the American armed forces. The holiday, originally known as Decoration Day, started after the Civil War to honor the

Union and Confederate dead.

& [History of Memorial Day](#) – PBS

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"I'm convinced of this: Good done anywhere is good done everywhere. For a change, start by speaking to people rather than walking by them like they're stones that don't matter. As long as you're breathing, it's never too late to do some good." Maya Angelou

1] **The 5000th post** - April 29, 2018 - [Hopeworks Community](#) - Larry Drain - [LinkedIn](#), editor/writer, also, former Chairman Consumer Advisory Board , Knoxville, Tennessee Area

After writing this blog for over 9 years this is the 5000th post. I don't know I have anything earthshaking to say. I once thought that by now I would have some great wisdom, but so far that has eluded me. I have looked back on many past posts. Some I think are really good still. Some I am astonished I ever wrote or ever thought they could be important. Some I radically disagree with now. A

great many posts are about me. Many of them are just me talking to me. Some people have read this blog for a very long time and I am ever so grateful. Nothing matches feeling like from time to time people feel like you are worth listening to.

These are some of the things I think are true.... some of the things I have learned.

1. You matter. I matter. If you don't start here nothing else really makes sense.
2. That doesn't prevent us from sometimes acting like we don't. We have an infinite capacity to make foolishness seem like the most profound wisdom.
3. Most of the time we do what we think people like us do. It matters what kind of people we think we are.
4. Kindness is not weakness but sometimes the hardest to find strength.
5. You can't always make things right. Do your best to make it better though.
6. Some days stink. It doesn't mean you failed. It means it's life.
6. Sometimes bravery is just the appreciation of necessity.
7. People who think everything is about them miss out a lot about what life is about.
8. Injustice matters if we are to be a decent people.
9. Things that are more likely to happen happen. Momentum matters. Little rocks can move big rocks.
10. When in doubt we tend to do what we feel like it is normal to do. Be careful what is normal for you,
11. Hatred is not common sense.
12. People who are out to teach you a lesson are normally more interested in protecting their position than anything else,
13. Even at its worst tomorrow offers the chance to have one good day in a row.
14. Say thank you too much rather than not enough. Gratitude grows with practice.
15. Let people know when you are glad they were there. Maybe they will do the same with you.
16. Don't ever be defined by the things hard for you.
17. It is more important to care than it is to know.
18. When your kids look at the world you give them make sure they know how important it was to you.
19. Never tell anybody their story doesn't matter.
20. Accepting things because it is easier to do is not the same as being realistic.
21. When in doubt listen.
22. The things you can or can't do don't of necessity define the kind of person you can or can't be.
23. Never believe the lie that bad things are the only thing or bad times are the only times.
- 24.. Never tell people you have it all figured out unless you want them to know you don't.
25. Too many of the things we do to make it worse are things we did to make it feel better.
26. Obstacles are not in the way of life. They are life.

Thanks so much to each of you.

"Learn to deal with the fact that you are not a perfect person but you are a person that deserves respect and honesty." Pandora Poikilos

"When the whole world is silent, even one voice becomes powerful." Malala Yousafzai

2] [Patience Press](#) - Help for trauma survivors, war veterans, family members, friends and therapists

Patience Press is a small publishing company operated by Patience Mason, author of ***Recovering From the War*** (available at your local bookstore, online, and as an ebook on all platforms), and Robert Mason, author of the New York Times bestselling Vietnam war memoir, ***Chickenhawk***.

Robert was a helicopter pilot in Vietnam, B Co., 229th Assault Helicopter Battalion, 1st Cav Division, in 1965-66 and the 48th Aviation Co, 1966. He came home in 1966 with PTSD, but at the time PTSD did not exist as a diagnosis. Living with undiagnosed, untreated PTSD makes life extremely difficult for both partners.

Patience Press started in 1993 with the publication of *Why Is Daddy Like He Is?* a book for the children of veterans with PTSD and the first issue of *The Post-Traumatic Gazette*. We also sold remaindered hardback copies of the Viking (1990) edition of *Recovering from the War: A Woman's Guide to Helping Your Vietnam Veteran, Your Family and Yourself*. When we ran out in 1998, Bob created a new cover for the book and, because so many veterans had found it helpful even those from other wars, we changed the subtitle to *A Guide for All Veterans, Family Members, Friends and Therapists*.

Patience also wrote a series of pamphlets about PTSD: *After the War: For the Wives of All Veterans*, *An Explanation of PTSD for Twelve Steppers: When I get sober I feel crazy*, and *The War at Home*. This was followed by *Why Is Mommy Like She Is?* a book for the children of women trauma survivors. When the new wars started, she wrote a pamphlet for the new veterans, *Home from War*. Finally, she wrote a new version of *Why Is Mommy Like She Is?* for military women who have been deployed or suffered MST. All of these are now available free on this website. You may copy them and share them as long as you retain Patience's copyright notice.

We are branching out into ebooks and new books, beginning with ebooks of *Recovering*, and Bob's two robot books, *Weapon* and *Solo*, and eventually *Chickenhawk: Back in the World*. We also plan to publish new paperback editions of them.

In just a few weeks we will be publishing Patience's new ABC picture book called, *Woodland Litter Critters ABC*, both as a hardback large-format book and as an iBook for the iPad. It's amazing how such common pieces of woodland litter can become alive in Patience's hands. Or, as she says, "When I find them."

"We rely upon the poets, the philosophers, and the playwrights to articulate what most of us can only feel, in joy or sorrow. They illuminate the thoughts for which we only grope; they give us the strength and balm we cannot find in ourselves. Whenever I feel my courage wavering, I rush to them. They give me the wisdom of acceptance, the will and resilience to push on." Helen Hayes

"You are not your illness. You have an individual story to tell. You have a name, a history, a personality. Staying yourself is part of the battle." Julian Seifter

3] [National Coalition for Mental Health Recovery](#) – **Mission Statement:** The National Coalition for Mental Health Recovery [NCMHR] will ensure that consumer/survivors have a major voice in the development and implementation of health care, mental health, and social policies at the state and national levels, empowering people to recover and lead a full life in the community.

The National Coalition for Mental Health Reform was built on the foundation laid by the courageous work of those who started the mental health consumer/survivor movement in the early 1970's. Those early leaders were people with diagnoses of mental illness, who were inspired by people who were

finding strength, courage and power by joining together to work for human and civil rights.

The visionary leaders of the consumer/survivor movement understood the only way to gain rights and independence was to come together and unite in a common cause. Meeting in churches, apartments and basements, we discovered the power of sharing our stories, of being heard and of being understood, instead of the idea that our labels defined us. We discovered we could shift into a vision of leading independent lives where we become authors rather than victims in our lives. As a result of the example of this early leadership hundreds of self-help groups, consumer-run initiatives, and statewide consumer organizations have been formed all over the country. These groups have had some success in influencing policy and practices on the local level. Despite this, we had, until 2006, been unable to form a single, national organization, which could gain recognition and influence on a national level. In order to effect change on the grandest scale possible, we needed to have a united national consumer/survivor voice. Leaders of other national groups in Washington, D.C., elected officials, and the media have been searching for our united consumer voice. Without such a group to directly represent us, family groups or organizations of providers have been speaking for us. We have protested this trend to have other groups speak for us. We have proclaimed, “*Nothing about us without us.*” Yet we had not organized ourselves into a common voice to carry out this goal, until now.

Today consumers and survivors are uniting nationally as never before. Our movement has gained the experience, wisdom and maturity to realize that it is time to see beyond our differences to the greater struggles urgently at hand.

Statement of Purpose - Mental health consumers/survivors are leading the transformation of the mental health field through our authentic voice and vision for self-directed recovery. Our vision of recovery goes far beyond treatment, because it is about all the elements that go into good lives—housing, education, jobs, social relationships, and full participation in the community. Our vision was echoed in the New Freedom Mental Health Commission Report, which sees a “future when everyone with mental illness will recover.”

Our national coalition of organizations representing people who are recovering or have recovered proposes a new consensus for the mental health field:

- **Recovery:** Recovery is real and possible for everyone. To recover, we need services and supports that treat us with dignity, respect our rights, allow us to make choices, and provide assistance with our real-life, self-defined needs. This range of services must include consumer-run and -operated programs.
- **Self Determination:** Self-determination is essential for recovery to occur. We need to be in control of our own lives.
- **Holistic Choices:** We need choices that meet our self-defined needs. We need a wide range of recovery-oriented services and supports to assist us in achieving our goals. These include assistance with housing, education, and career development, all of which can be consumer-run. We need these opportunities to achieve full integration into the community.
- **Voice:** We must have a voice in our recovery and in the policies facilitating our recovery. We are the most authentic voice in the mental health system, since mental health decisions affect every aspect of our lives. We bring our lived experience, therefore, we must be central in any dialogues and decisions about mental health issues at all levels. This is empowerment.

- Personhood: We are whole human beings and will campaign to remove stigma and discrimination. We have the same dreams as all members of the community and the ability to make our own decisions. A barrier-free community is one free from discrimination and stigma.

*“I can't change the direction of the wind, but I can adjust my sails to always reach my destination.”
Jimmy Dean*

Alternatives 2018 July 29 - August 3, 2018 Washington DC

The National Coalition for Mental Health Recovery announces that applications for workshop presentations for Alternatives 2018 are now being accepted.

The Alternatives conference is the oldest and largest conference of its kind, organized and hosted for more than three decades by peers for peers [people with lived experience of the behavioral health system, emotional distress/crisis, trauma, or substance use/addiction]. Alternatives is renowned for offering the latest and best information in the peer recovery movement, and provides an invaluable opportunity for peers to network with and learn from one another. This will be a 'people's Alternatives,' funded entirely through registration fees and donations. We will be 'on our own' again, connecting to the roots of our movement.

Visit the website: www.alternatives-conference.org for conference registration information, and other valuable information, to nominate potential keynote speakers, and other valuable information. Sponsors are needed for Alternatives 2018. Please encourage organizations or individuals to become sponsors. More information is at the website www.alternatives-conference.org which is updated regularly.

We look forward to receiving your proposals and seeing you at Alternatives 2018! [Questions?](#)

Follow [@AltCon_2018](#) on Twitter; the hashtag is #Alternatives2018. And click here to view our [Alternatives 2018 Facebook](#) page.

“Shame is the lie someone told you about yourself.” Anais Nin

4] [Najwa Zebian - Write Your Story](#) - YouTube 4:16 minutes Najwa shares her emotional story of abuse, and how an old picture from childhood turned her pain into something beautiful.

“Justice will not be served until those who are unaffected are as outraged as those who are.” Benjamin Franklin

5] [The Disability Collection](#) - People with disabilities make up about 20% of the population, but are featured in less than 2% of the images we see in the media. The images we see are far from real, and far from enough. Let's change that.

Oath, the National Disability Leadership Alliance and Getty Images are proud to announce The Disability Collection, a dedicated collection of images that break stereotypes and authentically portray people with disabilities in everyday life.

While we cannot change what people publish or click on overnight, we can provide better alternatives for those looking to create more authentic representation.

Getty Images and Oath will be providing resources and opportunities that encourage photographers to capture this imagery, promoting disability representation in front of and behind the camera.

“Change, like healing, takes time.” Veronica Roth

6] [5 Hard Things You Need to Start Doing for Yourself on Hard Days](#) by Angel Chernoff

On particularly hard days when I feel that I can't endure, I remind myself that my track record for getting through hard days is 100% so far.

And, I remind myself that hard days are necessary, to live through and to learn from. The hardest days make us who we are, inside and out. This can be difficult to grasp at first...

So many of us are afraid of ourselves, of our own truth, and our feelings most of all. We talk about how great the concepts of life and love and passion are, but then we subconsciously hide from them every day. We hide from our truest feelings. Because the truth is, life and love and passion all hurt sometimes, and the feelings this pain brings disturbs us.

We are taught at an early age that pain is evil and harmful. Yet, how can we ever deal with real life and true love and passionate work if we're afraid to feel what we really feel? We need to feel pain, just as we need to feel alive and loved and driven. Pain is meant to wake us up, yet we try to hide from it. Realize this! Pain is something to carry willingly, just like good sense. Because you can only learn how strong you are in every important area of your life when being strong is the only choice you have.

It's all in how you carry the things that don't come easy or don't go your way. That's what matters in the end. You should stand up for your right to feel pain, to endure it, to deal with the hard realities of life and love and work, as you grow into the strongest, wisest, truest version of yourself.

While I'm certain there's no “one size fits all” list of advice for growing through the pain of hard days, there are some very important general principles that apply to most people who are presently in the trenches. The points below, then, aren't universal clarifications, but simple guidelines that will hopefully give you a general starting point for supporting yourself when you need it most.

1. You need to start shifting your focus.
2. You need to start questioning the stories you're telling yourself.
3. You need to start watching your [very human] tendency to fabricate negative meanings and conclusions.
4. You need to start letting go of what can't be changed.
5. You need to start being consistent with the right daily rituals. [Read the entire article](#)

“Our wounds are often the openings into the best and most beautiful part of us.” David Richo

“You don't have to suffer continual chaos in order to grow.” John C Lilly

7] [Panic attack vs. anxiety attack: What is the difference?](#) - By Jayne Leonard, Medical News Today

The terms panic attack and anxiety attack are used interchangeably, but they are not the same. Key characteristics distinguish one from the other, though they have several symptoms in common.

These types of attack have different intensities and durations.

Panic attacks are generally more intense than anxiety attacks. They also come on out of the blue, while anxiety attacks are often associated with a trigger.

Symptoms of anxiety are linked to numerous mental health conditions, including obsessive-compulsive disorder and trauma, while panic attacks mainly affect those with panic disorder.

What are the signs and symptoms?

The differences between anxiety and panic attacks are best highlighted by comparing the symptoms of each condition: [Read the entire article](#)

Differentiating between panic and anxiety attacks

Because the symptoms are so similar, it can be difficult to tell the difference between panic and anxiety attacks.

Here are some tips that can help:

- Panic attacks usually occur without a trigger. Anxiety is a response to a perceived stressor or threat.
- Symptoms of a panic attack are intense and disruptive. They often involve a sense of "unreality" and detachment. Anxiety symptoms vary in intensity, from mild to severe.
- Panic attacks appear suddenly, while anxiety symptoms become gradually more intense over minutes, hours, or days.
- Panic attacks usually subside after a few minutes, while anxiety symptoms can prevail for long periods.

"The emotion that can break your heart is sometimes the very one that heals it..." [Nicholas Sparks](#)

"The greatest gift that you can give to others is the gift of unconditional love and acceptance." [Brian Tracy](#)

8] [How To Tell Childhood Emotional Neglect From Borderline Personality Disorder](#) - @ Psych Central, by By Jonice Webb PhD 4 min read

Here is a question I receive often:

My therapist thinks I have borderline personality disorder (BPD), but I wonder if it might be Childhood Emotional Neglect (CEN) instead?

This is a question that is not surprising, and it makes great sense to me why someone would ask it. But

the truth is, these two psychological problems could not be more different.

In fact it's hard to imagine how two life struggles could possibly share so many commonalities and yet be so unlike.

To end up with either BPD or CEN, something must go wrong in your childhood. Your parents must fail you in very particular ways, regardless of their intentions. Before we talk about how these two life struggles are different, let's first take a look at what they have in common.

The Common Struggles Shared By CEN and BPD

- Both have difficulty understanding, expressing, managing and using emotions
- Both lack self-knowledge
- Both experience empty feelings
- Both have a fear of rejection
- Both have relationship problems
- Both have problems with anger

Reading this list surely clarifies why these two psychological problems might get confused. On the surface this list of shared struggles is quite compelling. However, once we look closer, we will see that the surface commonalities are actually quite misleading. Not only do all of these struggles feel differently between these two groups, they are caused by different kinds of childhoods.

[Read the entire article](#)

9] [Childhood Emotional Neglect \[CEN\] Tips & Questionnaire](#) - Dr. Jonice Webb

Jonice Webb has a PhD in clinical psychology, and is author of the bestselling books *Running on Empty: Overcome Your Childhood Emotional Neglect* and *Running On Empty No More: Transform Your Relationship*. She has appeared on CBS News, New England Cable News, and NPR about Childhood Emotional Neglect, and has been quoted as a psychologist expert in the Chicago Tribune and CNBC. She currently has a private psychotherapy practice in the Boston area, where she specializes in the treatment of couples and families.

There's something to be said for how you hold yourself together and keep moving, even though you feel like shattering. Don't stop. This is your healing. It doesn't have to be pretty or graceful. You just have to keep going." Maxwell Dawuoh

"The best relationships in our lives are the best not because they have been the happiest ones, they are that way because they have stayed strong through the most tormentful of storms." Pandora Poikilos, author of, [Excuse Me, My Brains Have Stepped Out](#)

10] THINK: Fresh Opinions, Sharp Analyses and Powerful Essays - NBC News

[Aishah Shahidah Simmons New Whitney Houston documentary reveals she survived child sexual abuse.](#) But the silence around it harmed her.

Despite the growing awareness about sexual violence, child sexual abuse remains a taboo topic.

Child sexual abuse is one of the most silent pandemics in societies because most survivors are often taught and usually expected to keep that devastating secret at all costs, in the name of familial love and protection. There are approximately 42 million survivors of child sexual abuse in the United States; girls, boys, transgender and gender non-binary children are sexually abused on average every minute of every day.

And, as a survivor of both incest and adult rape, I was devastated when I read in Vanity Fair that Academy-award winning filmmaker Kevin Macdonald's new documentary "Whitney" reveals that Whitney Houston and her half-brother Gary Garland-Houston were sexually abused as children by their cousin Dee Dee Warwick, the sister of Dionne Warwick.

Though I have not yet seen the film (the first documentary approved by her estate, it premiered at Cannes on May 16 and is scheduled for theatrical release on July 6) its revelation about the child sexual abuse of the Houstons provides me with a missing link about the phenomenal singer's painfully complex life.

Like many people, I always wondered if Houston's inability to be out as a bisexual woman - a rumor confirmed by the documentarian in the course of filming - caused so much strife in her life. It seems that Houston's childhood sexual trauma and her decision, conscious or not, to not fully disclose what happened and receive support was also a festering wound that she could not heal.

Despite all of the powerful, survivor-affirming awareness around sexual violence that has been growing, child sexual abuse especially in families remains a very taboo topic.

So much emphasis is still placed upon protecting "the family" instead of the victim, letting both the perpetrator and the bystanders who either look the other way or condone the sexual harm off the hook. [Read the entire article](#)

"Pain is a pesky part of being human, I've learned it feels like a stab wound to the heart, something I wish we could all do without, in our lives here. Pain is a sudden hurt that can't be escaped. But then I have also learned that because of pain, I can feel the beauty, tenderness, and freedom of healing. Pain feels like a fast stab wound to the heart. But then healing feels like the wind against your face when you are spreading your wings and flying through the air! We may not have wings growing out of our backs, but healing is the closest thing that will give us that wind against our faces." [C. JoyBell C](#)

11] [Our Song: Mental Health In Young People](#) - YouTube – 3:41 minutes

Concerned that too few young people open up about their mental health issues, David Donaldson and his team want others their age to look out for their peers and support them if they suspect they may be suffering in silence.

The 16-year-old from Laurencekirk in Aberdeenshire hopes to show that the smallest supportive gesture from a friend can have a positive impact on a person's mental health and well being.

"I refuse to accept the view that mankind is so tragically bound to the starless midnight of racism and war that the bright daybreak of peace and brotherhood can never become a reality... I believe that unarmed truth and unconditional love will have the final word." Martin Luther King, Jr.

12] [Nervous stomach: Symptoms, causes, and remedies](#) – Medical News Today by By Rachel Nall, RN, BSN, CCRN

A nervous stomach is one example of how a person's emotions can affect their body. Doctors may refer to a nervous stomach if a person is having symptoms, such as nausea or bloating, that are unrelated to any gastrointestinal condition.

Treatments for a nervous stomach often include techniques to reduce anxiety, stress, and tension.

In this article, learn about the causes, symptoms, and treatments of a nervous stomach, as well as how to prevent it happening again.

A nervous stomach can mirror the symptoms of some gastrointestinal (GI) disorders. These include conditions such as irritable bowel syndrome (IBS), Crohn's disease, ulcerative colitis, or gastroenteritis, which is a bacterial or viral-related stomach infection.

Symptoms associated with nervous stomach include:

- bloating
- delayed gastric emptying
- diarrhea
- gas
- nausea

Children also commonly experience symptoms of a nervous stomach. They may describe their symptoms differently than adults. They may refuse to go to school or frequently report stomach pain without presenting any other signs of an infection.

Causes - The GI system has its own nervous system called the enteric nervous system. Nerve endings in the stomach are designed to respond to stress hormones transmitted from the brain. This is part of the "fight-or-flight" response, which causes stress hormones to signal the stomach to slow down so that more blood can pump to the heart, lungs, and muscles. [Read the entire article](#)

"I wish I could show you, when you are lonely or in darkness, the astonishing light of your own being." Hafiz

13] [Federal bill would enable police to alert schools about traumatized children](#) - By Robert Sorrell
Bristol Herald Courier

Local police regularly encounter children affected by trauma - especially due to the nation's ongoing opioid crisis - so three U.S. senators have introduced a bill that would open communication between law enforcement and schools.

U.S. Senators Tim Kaine, D-Virginia, Joe Manchin, D-West Virginia, and Shelley Moore Capito, R-West Virginia, introduced the Handle with Care Act. It would connect children who experience traumatic events, including domestic violence, drug raids, overdoses and more, to school resources that are designed to provide the child with trauma-informed care, according to a news release from Kaine's office.

The program, which originated in West Virginia, would allow law enforcement officers to identify children affected by trauma and send an alert to the child's school.

Bristol, Virginia police officers often encounter children under traumatic circumstances.

"I think it's an excellent idea," Sgt. Steve Crawford said. "I see these types of cases regularly now and they are only increasing. The more people know that are involved in the child's life the better equipped they are to handle."

School officials and teachers regularly see students dealing with trauma, Bristol Virginia School Superintendent Keith Perrigan said.

"The amount that is directly related to opioids is difficult to determine," he said. "I would anticipate that it happens more than we realize."

"All too often, traumatic events have a devastating ripple effect across children's lives," Kaine said. "Given the right resources, schools can play a critical support role for kids impacted by trauma and provide them with a safe haven."

Kaine said the act would help ensure that students affected by the opioid crisis and other trauma get the resources they need to thrive. [Read the entire article](#)

"Never cut down a tree in the wintertime. Never make a negative decision in the low time. Never make your most important decisions when you are in your worst moods. Wait. Be patient. The storm will pass. The spring will come." Robert H. Schuller

"When we speak we are afraid our words will not be heard or welcomed. But when we are silent, we are still afraid. So it is better to speak." Audre Lorde

14] ["The Fight to Erase the Silencing of Male Victims in America"](#) - by Rebekah Sager, Playboy Articles

[lin6](#) is one of the few organizations hoping to help male victims - and no one wants to fund it.

One month after the news broke about Harvey Weinstein and troves of women came forward about abuses, Anthony Edwards, star of NBC's long-running drama ER, wrote a story for Medium about having been sexually assaulted by film producer Gary Goddard. In his piece, Edwards says that he was 12 years old when he met Goddard, a "sick father figure" who taught him and his friends how to act. Edwards refers to Goddard as a "pedophile," alleging he was sexually assaulted by Goddard; his childhood best friend, he says, had been raped by him.

"I actually wrote and was ready to put out my piece three weeks before the Harvey Weinstein story broke," Edwards tells Playboy. "I had reached a point in my recovery that I thought I could be of service to others by saying, 'it happened to me.' I wanted to share the hope of what can happen when you do reach out for help."

Edwards says that since male survivors have such a long history of suppressing feelings and never

sharing, he believes that “#MeToo is helping everyone stand up and shows how much relief there is when people don’t feel isolated and alone with their experience.” Of course, there's been an emotional outpouring of sentiment and kinetic energy inspired by the #MeToo and #TimesUp campaigns in our country, but Edwards’ story represents a rare instance in which that narrative was told from the male perspective, joining accounts from actors Terry Crews and Anthony Rapp. Indeed, the injustices that have befallen women were ignored or minimized for far too long and justifiably, men are finally being put to task for their unseemly and predatory behavior. But this does not mean men are not often victims themselves of sexual abuse, assault and harassment. Despite #MeToo having sparked a revolution of empowerment in terms of how we see each other - and why we need to relearn how to relate to each other - male victims are in no better position some six months later.

Edwards, now 55 years old, credits 1in6 for being the primary resource for him as he worked through his process of healing. Now in its 11th year, 1in6 has been recently hit by a tsunami of calls from men looking for help. “We’re up 30 percent,” say Steve LePore, founder of 1in6. “It’s become our new normal.” LePore heads the only national non-profit organization, with a fully paid staff, focused solely on advocating for and the intervention of male survivors of sexual violence.

1in6 got its name because of the stupefying statistic that one in six American men are likely to be sexually assaulted in their lifetimes, with some research suggesting it may even be closer to one in four. The organization offers a 24/7 online help line where male survivors of sexual trauma and the people who care about them can chat one-on-one with a trained advocate. Additionally, it offers free confidential weekly online support groups as well as trauma-informed trainings and webinars for service providers and organizations around the world.

There's also the [Bristlecone Project](#), an online awareness campaign, featuring a collection of portraits, videos and written narratives of male survivors of sexual abuse and assault. [Read the entire article](#)

'I'm honored to have been a part of this powerful, insightful article, that also includes commentary from fellow Bristlecone Project members, [M.E. Hart](#), [Joe Capozzi](#), [Marcel Anderson](#) & [David Lisak](#), take care, [Michael Skinner](#)'

“When we long for life without difficulties, remind us that oaks grow strong in contrary winds and diamonds are made under pressure.” Peter Marshall

“Each of us has a unique part to play in the healing of the world.” Marianne Williamson

15] [How to Make Lavender Lemonade to Help Relieve Anxiety And Headaches](#) – *Think Organic Life*

Flavoring your lemonade with lavender is a great way to utilize the amazing medicinal properties of lavender. Lavender is a wonderful aromatic herb that calms the senses.

Pure lavender oil is an incredible essential oil to use for your own health and wellness. It’s among the gentlest of essential oils, but also one of the most powerful, making it a favorite of households for the healing properties and uses of lavender essential oil. Lavender oil has a chemically complex structure with over 150 active constituents, which explains its effectiveness at helping with a lot of health ailments. Lavender oil possesses amazing anti-inflammatory, anti-fungal, antidepressant, antiseptic,

antibacterial, antimicrobial, antispasmodic, analgesic, detoxifier, hypotensive, and sedative properties.

Florida researchers have found that lavender oil benefits include reducing anxiety and lowering pulse rates in nursing students taking stressful tests. And in hospital settings, lavender aromatherapy has been demonstrated to decrease pre-surgery distress and to be more relaxing than massage or merely resting.

Lavender essential oil has medicinal properties as well. It has been shown to reduce depression, improve insomnia and ease labor pains. And anecdotal evidence suggests that lavender oil benefits those with headaches, hangovers, sinus congestion and pain relief. [Read the entire article](#)

DIY Lavender Lemonade with Lavender Essential Oil - Ingredients

- 1 cup raw honey (where to find)
- 12 cups pure water
- 1 drop lavender essential oil (where to find)
- 6 lemons, peeled and juiced
- Lavender sprigs for garnish

Directions - Mix all ingredients together and chill. Add more water or raw honey if needed.

If you want to find more natural remedies, take a look at the [Everyday Roots Book](#).

“Success is to be measured not so much by the position one has reached in life, as by the obstacles which one has overcome while trying to succeed.” Booker T. Washington

Take care, Michael

PS. Please share this with your friends & if you have received this in error, please let me know – mikeskinner@comcast.net

Our lives begin to end the day we become silent about things that matter. Martin Luther King, Jr.

A diagnosis is not a destiny

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"BE the change you want to see in the world." Mohandas Gandhi